DOWNSIZE THIS!

'Mini-foods' invade your local grocery store

page 5

The Shakerite

DORIS RETURNS

She's back from her hip replacement and is as feisty as ever!

page 4

February 6, 2004 · Volume 74 · Issue 4 · Shaker Heights High School · 15911 Aldersyde Drive · Shaker Heights, Ohio 44120

Music department scores Grammy nomination

By Alex Buder Shapiro and December Kinney
ARTS EDITORS

Shaker's student musicians can now boast of having a closer connection to the Grammy Awards show than simply watching it on TV.

The entire music department, including the choirs, orchestras and bands, is a finalist in a competition sponsored by the Grammy Foundation. If selected as a winner, Shaker will be named a Grammy Signature School.

All public high school music programs nationwide were invited to apply to the competition, and an independent firm chose 100 finalists.

According to Music Department Chairman Robert Schneider, only two of the finalist schools are in Ohio, including Shaker. The finalists had to submit more extensive materials to a review committee.

"We had to submit recordings of the choirs, orchestra and the band, excerpts from live performances and samples of programs demonstrating the breadth of the music programs," Schneider said.

Shaker's finalist status is an honor, though not an altogether unexpected one, as Shaker was named a Grammy Signature School in 1998.

"We were hopeful. We know we have many talented students in the music program," Schneider said.

Fifty schools will ultimately be named Grammy Signature schools this spring. All 50 will receive a certificate of recognition and $1,000 for their music departments.

SEE GRAMMYS, PAGE 2

Jon Stange •THE SHAKERITE

MEMBERS OF THE Wind Ensemble rehearse Jan. 26, the day after performing at Severance Hall in University Circle. Along with the concert, the music department has been recognized with a nomination as a Grammy Signature school.

A credit for the sport

· Independent study proves popular alternative to physical education class

By Jason Plautz
CENTERPIECE EDITOR

Sick of being picked last for volleyball or getting beaned in the head with a softball? It's time to get gym credit for something you're good at.

From figure skating to cycling, students are completing their physical education requirements in far different ways than the time-tested volleyball and basketball.

> "Some of the activities are more strenuous than what we do in gym class."
>
> Caroline Krassen
> senior

Senior Caroline Krassen earned two semesters of physical education credit for figure skating. She felt she deserved credit because she practiced for two hours every day. "Some of the activities are more strenuous than what we do in a gym class," Krassen said.

Krassen is one of 140 students involved in the independent study program for physical education this year. The Physical Education Department offers independent study because many students' class schedules are packed and can't accommodate the four semesters of physical education required to graduate. Students can replace a maximum of two semesters with this approach and can choose from two versions of the program.

SEE STUDY, PAGE 6

Shaker mourns loss

· Goldman remembered for love of nature, languages

Jon Stange •THE SHAKERITE

A MAKESHIFT MEMORIAL stands at the base of a tree on Shaker Boulevard near Sulgrave Road in Beachwood. Students left flowers, stuffed animals and messages at the site where a Jan. 10 car accident killed junior Jenny Goldman and injured seniors Addy Neilson and Nick Agich.

NEWS • A 2002 graduate dies of a suspected drug overdose • page 3

By Anna Hutt
COPY EDITOR

In memory of a girl who loved languages and never stopped talking since she was eight months old, a roomful of wordless people sat in silence the afternoon of Jan. 19.

In the days following the Jan. 10 automobile accident that killed Jenny Goldman, a Shaker junior, students and residents struggled to find the comfort and closure people seek when a death hits so close to home. The car driven by senior Alexander Anderson and carrying Jenny and four Shaker seniors -- Nick Agich, Andrew Hopkins and Addy Neilson -- hit a tree on eastbound Shaker Boulevard at 7 p.m., killing Jenny and injuring Neilson and Agich, who were hospitalized. Speed was a factor in the accident, but no alcohol was involved.

Goldman

The Shaker Middle School auditorium was nearly full Jan. 19, accommodating neighbors, teachers, family members and friends, as well as a large number of students who had not known Jenny but felt a need to attend the memorial service. Despite the crowd, a hush hung over the room even before the first speaker approached the podium. A screen

SEE ACCIDENT, PAGE 2

Jon Stange •THE SHAKERITE

THIS CAR IS mired in the remnants of the Jan. 27 snow and ice storm that closed all area schools except for Shaker and Cleveland City Schools. By Feb. 1, sunny skies and warmer weather began to melt the snow.

Snow day slips through students' fingers

· Shaker closes one day after being one of two schools open in Cuyahoga County

By Emily Grannis
NEWS EDITOR

After fielding calls from parents angry because classes were not cancelled Jan. 27, Superintendent Mark Freeman closed school for the first time in five years Jan. 28.

All area schools except Shaker and Cleveland City Schools closed Jan. 27, and more than 400 schools closed Jan. 28.

Freeman said he decided at 5:30 a.m. to have school Jan. 27 and "then the weather began to deteriorate." He was reluctant to cancel after 6 a.m. for fear of stranding students en route to school. "The decision is very difficult . . . and it's one that I take very seriously," he said.

The decision to keep schools open Jan. 27 put employees, including Freeman, at risk. Freeman was in a minor car accident; he said his car slid on the slippery surface of Lee Road at about 6 a.m. In Summit County, German teacher Keith Szalay set out on his daily 40-minute commute from Fairlawn but went off the road halfway down his street. Szalay said he had to walk back home to call school to say he wasn't coming in.

English teacher Chris Cotton, who lives in Kent, expected school to close Jan. 27 but found that roads were fine. Cotton left for school Jan. 28 before learning of the cancellation. Math teacher Walter Slovikovski told Cotton that school was closed when he arrived.

"Mr. Slov said, 'Hey! There's no school!' and I didn't believe him," Cotton said.

Sophomore Helen Morgenstern appreciated the Jan. 28 closing. "I was ecstatic. In seventh grade I wrote a speech because I was so pissed off that we didn't have any [snow days]," she said.

On the Line

Do you feel the district celebrates Martin Luther King Day appropriately?

62% · yes

38% · no

Do you feel the district celebrates Black History Month appropriately?

62% · yes

38% · no

Do you feel the district celebrates Women's History Month appropriately?

25% · yes

75% · no

Scientific poll of 77 students with a margin of error +/- 11 percent. Shakerite staff telephoned students.

NIGHT VIGIL FOR JENNY GOLDMAN

In a Jan. 12 P.A. announcement, Principal Michael Griffith encouraged students who were upset to visit counselors on hand to help them. In addition to his announcement, Student Council President Katie Glass invited the student body to attend a candle-lighting ceremony at the high school flagpole at 6 p.m. Jan. 19. About 40 students ignored the frigid conditions to attend the solemn service. They quietly wrote cards to the Goldman family and then gathered with candles in the cold night to remember their classmate. They huddled together, attempting to shield their tiny flames from the snowy wind, and the group spent several minutes reflecting on the tragedy that had affected the entire school community. Anna Hutt

Batter up! Police investigate Shaker, Beachwood fight

By Betty Elee
NEWS EDITOR

A Beachwood senior appeared in court Jan. 29, charged with filing a false police report about a fight between Beachwood and Shaker male students Jan. 9. John Adler declined to comment on his sentence. The conflict occurred on his front lawn, and participants allegedly used weapons, including baseball bats. Accounts of the conflict vary widely.

Shaker Account

Shaker junior Alex Boom said he arrived at Adler's house with five friends in tow: Aaron Lang (11), Max Miller (9), Rick Teamor (11), Gavin Terry (10) and another student. Boom said his friends received a phone call from Adler at the Shaker vs. St. Ignatius hockey game.

"They were talking trash to my friend [Lang]," Boom said. "I didn't want them to go by themselves and get jumped."

Boom said they went to Adler's house and met 12 Beachwood kids wielding weapons including bats. Terry said he and Lang broke a Beachwood student's jaw and Adler's hand, respectively. Terry said a Beachwood student hit Lang with brass knuckles and then the Shaker students left.

"I was gonna stay and keep fighting, to be honest with you," Terry said.

Boom said he, Lang and Terry later got stitches, staples and an arm cast, respectively, but no one was hospitalized overnight. Terry said he doesn't wear his cast. He said the other Shaker students didn't fight.

> "All the Shaker kids brought weapons."
> Jason Roth
> Beachwood senior

Beachwood Account

Beachwood senior John Adler said he was at home when he received an insulting call from Shaker kids who claimed they were coming over. He called friends for support, five of whom he said actually fought.

"I don't have an urge to fight everyone in Shaker," Adler said. "One of my friends may have had a baseball bat."

Beachwood senior Jason Ross said the street was very dark and he couldn't see much, but he thought three of his friends fought and that there were nine or 10 Shaker kids.

"All the Shaker kids brought weapons," Ross said. "A few kids got hit in the face, a few with bats . . . I wasn't involved with it at all."

Adler said he didn't know the Shaker students besides Boom, who was once a fellow camper. Adler also said he did throw the first punch in response to a Shaker male waving a bat at him. Regardless, Adler says there were no major Beachwood injuries.

"No hands broken, no jaw broken," Adler said.

Parent/Police Account

Jennifer Alexander, Terry's mother, went to the Beachwood Police station later that evening.

"Gavin was asked to go to the police station to identify the one with the baseball bat," Alexander said. She added that the Beachwood kids contested Terry's identification of the bat-wielder that night.

Ultimately, the police found the stories to be conflicting. Adler said the city charged him anyway.

"I, as a parent, really want to emphasize [that] if I fall out with a colleague, I can't go kick their butt," Alexander said.

the News Desk

Black history kickoff delayed

Bad weather and scheduling problems postponed the Black History Month kickoff scheduled for Jan. 30. Administrators rescheduled the assembly, which usually occurs during January's last week, for Feb. 6. This year's assembly won't feature a speaker; rather, sophomore Khristen Moore will sing "Lift Ev'ry Voice and Sing" and a video documenting the evolution of the Urban League, an advocacy group for minorities, will be shown. History teacher Joseph Hauser noted that speakers are difficult to obtain around February and that the administration decided a change was in order. "We're trying to change things up," Hauser said.

-Betty Elee

Grant aids LD program

The Shaker Schools Foundation awarded the high school's multi-handicapped department a $450 grant to develop musical "social stories" that teach socially acceptable behaviors. Special education aide Bruce Jennings felt a mini-MIDI (Musical Instrument Digital Interface) lab would help students develop their technology skills. The grant pays for supplies such as music software. Jennings wrote the application at the urging of aide John Boris and teacher Jessica Chenevey. They were notified of the application's acceptance on Dec. 19 and are now analyzing software brands. "I am always told that autistic kids respond well to music," Jennings said. "The success will be measured by how well the children learn from the songs that we write."

-Betty Elee

Music department up for Grammy Signature School award

FROM GRAMMYS PAGE 1

Seven of these schools will advance in the competition to be named "Gold" Schools, and one will be named the "National" Grammy Signature School. Each Gold school will receive $5,000 for its music department, and the National Grammy Signature School will receive $7,000.

Students were able to observe some of Shaker's Grammy-worthy talent on Jan. 25 at Severance Hall, where the wind ensemble, the most select of Shaker's bands, performed at the Northeast Ohio Band Invitational.

Developed by Dr. Gary Ciepluch, father of junior Mike Ciepluch and head of Case Western Reserve University's band department, the Invitational sought to provide high school bands with the opportunity to play at one of the world's premier concert halls.

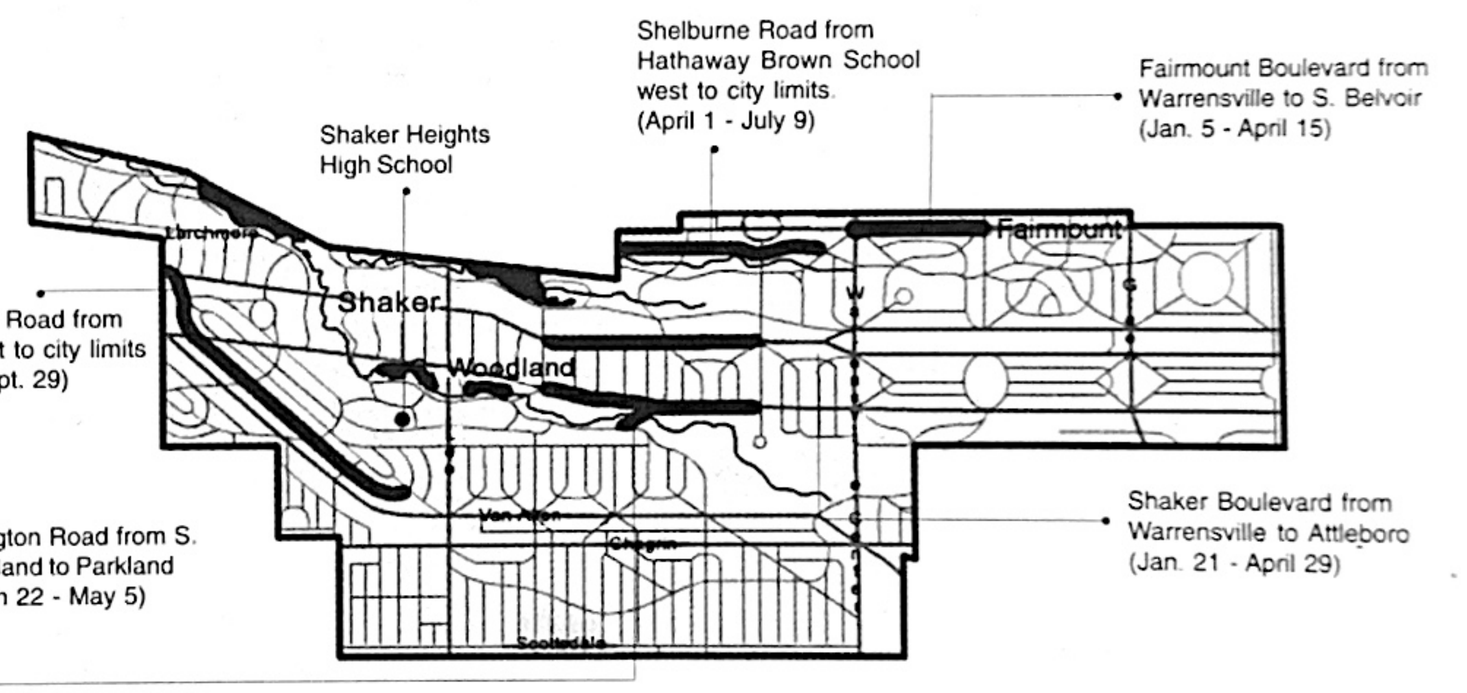
Shaker, in addition to student bands from Mentor, Chardon, Medina and CWRU, had an opportunity to play for 40 minutes. Tom Deep conducted the 72-student wind ensemble.

Junior percussionist Sam Schiller was overwhelmed by the opportunity to perform on the hallowed Severance stage.

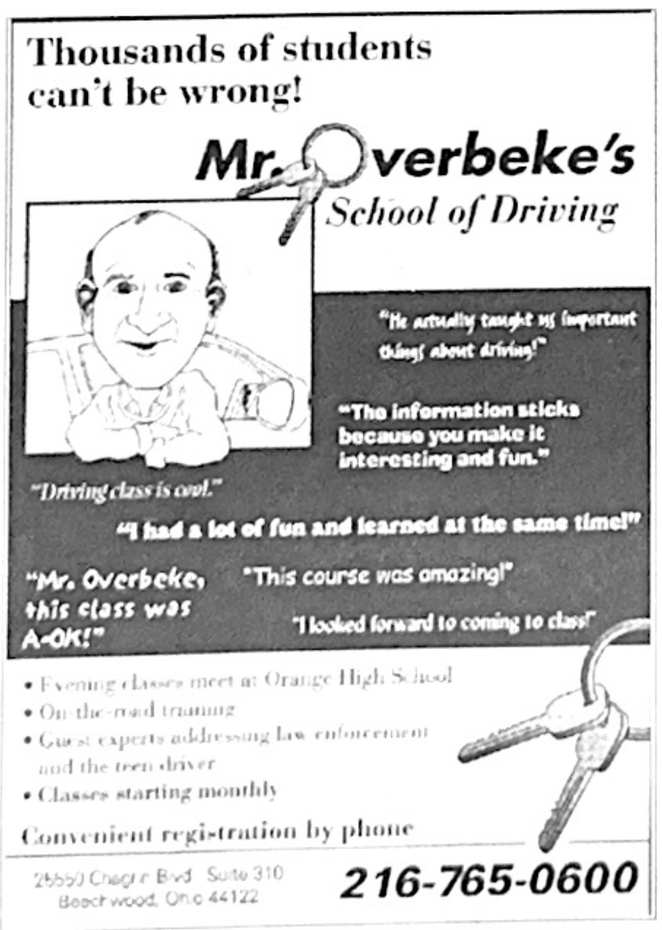
"For me, it's such a big deal. There are so many amazing musicians in the past that have not ever been allowed to play at Severance, so for me, as a high school musician, it is an extreme honor," Schiller said.

Shaker closes roads for waterline improvement project

- Shaker residents' daily travel routes might be disrupted by city's plan. Anticipated closing dates are in parentheses.


Shelburne Road from Hathaway Brown School west to city limits. (April 1 - July 9)
Fairmount Boulevard from Warrensville to S. Belvoir (Jan. 5 - April 15)
Shaker Heights High School
Chadbourne Road from Clayton west to city limits (April 7 - Sept. 29)
Torrington Road from S. Woodland to Parkland (March 22 - May 5)
Shaker Boulevard from Warrensville to Attleboro (Jan. 21 - April 29)
Fairmount
Shaker
Woodland

Emily Grannis and Allie Jennings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Shakerite

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corrections and clarifications.

• In the Dec. 18, 2003 issue of The Shakerite, the 'Rite Artist was drawn by Allison Vitkus. She was incorrectly identified as Tyler Naugle.

The Shakerite regrets the error.

Classmates and friends remember Jenny

· Shaker community mourns together at memorial service on Martin Luther King, Jr. Day at Shaker Middle School

FROM ACCIDENT PAGE 1

behind the stage flashed a photo slideshow of Jenny, and her wide, childish smile beamed out from an old picture as the ceremony began.

Near the beginning of the service, one of Jenny's cousins recited the Kaddish, a Jewish prayer for the dead. And though the auditorium held people of a multitude of faiths and ethnicities, every seat emptied as the community rose out of respect for the religious incantation.

The afternoon unfolded during a two-and-a-half-hour service of remembrance and comfort. Parents Matt Goldman and Ann Pearson, along with other relatives and close friends, spoke about Jenny's remarkable and tragically short life. Interspersed with the speeches were various musical performances, including two vocal pieces that Shaker choir director Elizabeth Blakeslee-Vokes and senior Arlo Hill sang with Jenny's eighth-grade sister, Amanda.

Several speakers noted that it was appropriate to remember Jenny on Dr. Martin Luther King Jr. Day, which celebrates diversity and multicultural acceptance. Several people mentioned Jenny's physical inability to distinguish colors and said that — aside from forcing her younger sister to pick out her clothes for her— this perceptual abnormality was indeed a strength. Friend after friend described Jenny as accepting, open-minded and far from judgmental.

"Racism horrified her," Pearson said, adding that Jenny had always been fascinated by other cultures. Though family members and close friends were Jewish and Christian, she maintained a belief of atheism and delved enthusiastically into studies of the Buddhist culture. In addition, she loved nothing more than learning about the languages and lifestyles of people unlike her.

Best friend Kaori Yoshida recalled the admirable motivation that influenced Jenny to teach herself Japanese and practice it whenever she spoke with Yoshida. (Matt Goldman, Jenny's father, hinted jokingly at an ulterior motive when he described his daughter "hurling Japanese at me" when she was angry.)

Beyond ethnic and racial acceptance, Jenny's mother informed the assembly that Jenny was a sort of unofficial, self-appointed counselor for gay students, who would "come to tell her before they could tell anyone else."

"Every time, she lovingly upheld them," Pearson said. "I could never have been prouder of her."

After mentioning Jenny's support of others, Pearson took a moment to thank the entire community for the support they have expressed since Jenny's death.

Gristmill Photo

JENNY GOLDMAN, FOURTH from left in back row, poses with the rest of the 2002-2003 Semanteme staff for their Gristmill photo. Goldman was also a member of Fencing Club and had a passion for other languages and cultures.

"I don't know how Matt and Mandy and I would be able to get through this without many of the people in this room," she said, commenting at how unusually lucky Jenny was to have so many close friends in her life.

"I know there are many stories I haven't heard and pictures I haven't seen," Pearson said with only a slight waver in her voice. She took a breath and continued. "I want to hear them all and see them all."

Then, after a moment of silence, the Goldman family invited people to come to the podium to share a few words about Jenny.

The call resonated within the assembled group, and a line of people filed to the stage: young and old, black and white, students and teachers and those whom Jenny had taught with her friendliness and love for life.

Jenny's sister, Amanda, took a big leap of faith by volunteering to speak first, without a prepared address.

"Just kind of spur of the moment, I decided I wanted to get up and talk about my sister," Amanda began shakily. "I know that Jenny would have been amazed at all these people. Everyone got all dressed up for her!" She paused for a moment. "Jenny hated getting dressed up."

A moment later, Amanda launched into a stream of memories. Tension eased as listeners began to remember along with the confident girl on the stage.

"She used to shove bugs in my face," Amanda laughed. "And I would scream because, well, I was normal! I was scared of bugs!"

Amanda opened up the floor for others. Jenny's third grade teacher, Antonia Wylie, recalled how Jenny tried to teach her French at age 8. "She had this grown-up charisma about her at such a young age," Wylie said. She also shared a memory of third-grade Jenny scurrying around the classroom floor to save a bug that had frightened the rest of the students.

A close family friend told the group how Jenny's diaper was the first she ever learned to change. Todd Keitlen, Jenny's fifth-grade teacher, commented that Jenny "made what I do worthwhile." A fifth-grader whom Jenny used to babysit said that Jenny taught her persistence.

"Not only was she a great person, she was a role model," she said. "I always wanted to be just like Jenny."

Familiar student faces appeared at the podium as well, giving the crowd just a taste of Jenny's influence on individual lives at the high school.

Junior Charles Inniss comically recounted one of his first interactions with Jenny and described their friendship strengthening.

"She was one of the few people who actually listened to me," he said. "One time, when we finished talking, she said, 'I love you.' And I said 'WHAT?'"

The audience laughed, but Inniss continued sincerely, "And then I realized, 'I love you, too.' And I really do. Since then, I've begun telling my friends I love them."

Senior Nicholas Agich, who was another passenger in the car on Jan. 10, described Jenny's abundant love for her friends.

"I remember once trying to talk to her," Agich said. "And she said, 'I'm sorry, you'll have to wait; I'm helping like five other people through life crises right now.'"

Speaking through metal wires that temporarily held his injured jaw in place, Agich said, "She was the greatest person, I think, that I've ever known."

Agich concluded by telling the audience that if Jenny had been in attendance she would be flattered but would want everyone to stop mourning soon.

"Jenny would want us to be happy," Agich said.

Jenny Goldman

On Jan. 10, 16-year-old Jenny Clarice Goldman died in a car accident on Shaker Boulevard. Jenny is best remembered for her mastery of five languages, including Japanese, as well as her Charlie Chaplin imitations. Her love of nature, from horses to hermit crabs, sparked her early dream of becoming a veterinarian. Jenny also sought to become a teacher.

The junior was a Semanteme and Fencing Club member and also participated in theater productions. Jenny had many friends, many of whom spoke on her behalf at a memorial service on Jan. 19. She is survived by parents Anne Pearson and Matthew Goldman and younger sister, Amanda. Contributions can be made to the Jenny Goldman Fund for the Shaker Nature Center.

Betty Elee

Beachwood police dispute WKYC report on charges

The nature of charges against the driver of the car that crashed Jan. 10 were unclear at press time (Feb. 2.) Initial reports, confirmed by the traffic department of the Beachwood police, indicated that senior Alexander Anderson was charged with vehicular homicide, causing the death of another person through the operation of a motor vehicle. According to a Beachwood police report, Anderson was driving eastbound on Shaker Boulevard in excess of 80 mph and lost control of the car when he attempted to change lanes. The car hit the curb, spun into a tree and flipped over, sliding backwards onto the road.

However, a WKYC Channel 3 news report later stated that the charge had been reduced to failure to control the vehicle. Another call to the Beachwood police indicated that the WKYC report was inaccurate and unconfirmed.

- Emily Grannis

'02 student's death blamed on drugs

· Initial coroner's report suggests that Andrew Psarras died of overdose

By Emily Grannis
NEWS EDITOR

Andrew Psarras ('02) died Jan. 16 of a suspected drug overdose in Shaker Heights.

According to the Cuyahoga County coroner, autopsy results will not be complete for several weeks.

Psarras' guidance counselor, Geri Kleinman, said that he was friends with everyone.

"He was a solid student . . . the kind of kid that everybody liked," Kleinman said. "That's just how Andy was — you just had to like him."

She added that Psarras "crossed all the lines," referring to his wide range of friends.

Psarras, as well as his brother, Peter ('98), and his sister, Molly, ('00), played tennis at the high school. Andrew played freshman, sophomore and junior year and was on the junior varsity team.

The Psarras family asked that, in memory of Andrew, contributions be made to the Ohio Animal Health Foundation, 3168 Riverside Drive, Columbus, OH, 43221.

Psarras

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President George H.W. Bush's approval rating the summer before the 1992 presidential elections in which he lost: 89.0 percent

President George W. Bush's approval rating as of December 17: 63.0 percent

Percent of voters who said that they will vote for George W. Bush: 46 percent

Percent of voters who said that they will vote for John Kerry (the democratic frontrunner): 49 percent

Source: Newsweek, CNN, www.infoplease.com

Snow days are for the weak

Has anyone seen the movie "The Ice Storm?" Neither have I, but it sounds like it could be about a crippling ice storm. You know, like that one we had on Jan. 27. Most likely, we will remember that as the day when the only schools open were Shaker, Cleveland and Western Reserve Academy.

Granted, the roads have been worse this year, but it's at times like these when we have to think of the children. Since when did, "walk in the street, and if a car comes, dive into a snow bank," sound logical? Even if it saved their life, most kids would have probably slid a good 20 or 30 feet on the ice on top of the snow.

MATT SEIDNER
OPINION EDITOR

"It doesn't matter," one might say. "We had a snow day Jan. 28." At some level, that is true, but I still get the feeling that Shaker's lack of snow days is some kind of Ohio-wide pissing contest. There are the charter schools that can't seem to get enough days off and the heavyweights that play a dangerous game of chicken with their snow days.

One day or another, a student is going to get into an accident driving to school. Maybe it will be a serious accident, or just a fender-bender on, ahem, Lee Road on the way back from the bus depot.

(On Jan. 27, Superintendant Mark Freeman was involved in a car accident at 6:30 a.m. due to icy conditions on roads.)

A student who walks to school might slip and break a wrist, or something important, like a TI-89 graphing calculator. What about the teachers who have to drive from two counties away? If an experienced driver has difficulty driving because of ice, how does the district think high school students, who have one or two years of experience, will fare?

But it's really not as grim as it seems. We do have great bragging rights. Imagine what you could say to your friends who go to Solon: "You guys suck! You didn't have school today. Does a two-foot snowdrift scare you? 'Cause, honestly, the snow is scared of us. We're just too hardcore for snow days. Even our garbage men called off today!"

(By the way, Shaker really did cancel garbage collection Jan. 27.)

Okay, granted that taunt isn't very threatening, and it doesn't make me feel any better about needing crampons to walk to school, but that's about the only thing I can glean from the decision to stay open.

Snow days are supposed to stop students from driving or walking in dangerous weather. In that case, we should have more of them. Wait a second; high school students are probably more likely to drive around for fun on a snow day. So maybe we shouldn't have them after all. We're in school for our own protection!

But, what about the munchkins in grades K-6? They can't drive, and with the proper combination of wind and ice, they could be blown all the way back home after a 10-minute trudge.

To be fair to Freeman, closing school is a difficult call to make. It was the first week of the second semester and kids could be left at home unsupervised. That being said, there are still some days where there should be no argument at all.

'Rite Artist
...SOLON, AND, HERE'S A NEW ONE, SHAKER HEIGHTS CITY SCHOOLS ARE ALL CLOSED TODAY.
YAY !!!
SNOWDAY!
HOW WEIRD...THERE ISN'T A WHOLE LOT OF SNOW.
FREEMAN
MEHEHE
Allison Vitkus • THE SHAKERITE

Reform courses to reflect today's world

'Rite the Idea

In response to changes in statewide testing, the social studies department implemented a dramatic change this year - temporarily eliminating many electives and moving U.S. History from junior to sophomore year. The move allowed social studies teachers to assess the strength of their course offerings and to develop new ideas for future curricula. In the fall of 2004, the department hopes to introduce four new classes: World Experience, Human Rights and Conflict, Human Rights and Action, and American Film.

But while the social studies department should be commended for expanding and diversifying their course offerings, some holes in the curriculum remain. Missing topics include Middle Eastern studies, philosophy and comparative religion. Most students poorly understand Islam, and an in-depth study of this religion would give students a head start in understanding a part of the world that is of increasing importance to Americans. Studying philosophy would encourage students to consider the foundations of intellectual thought, thereby enabling them to be better judges of human actions - personal and institutional. Religious studies can help students comprehend the world views of millions of people - Americans included - and what leads them to protest, rebel and wage war for their beliefs.

All three courses would complement the current assortment of social studies electives, but their creation requires the action of both faculty and students. If many Shaker classes have been defined by their instructors - as Oppression is connected to Terry Pollack, and Criminology is linked to Buddy Longo - which new teachers will step up and influence students? Impending retirements threaten to undermine unique course offerings in all academic departments.

Students have a role to play as well. They must call upon the social studies faculty to offer classes that truly engender student interest. Although it remains to be seen whether the new classes for fall 2004 will be hot subjects for enrollment, students ought to be forthcoming and active in future curriculum discussions.

But if the social studies course offerings are designed to, as the Shaker course catalog suggests, "develop students who raise questions, are curious about their environment, and are sensitive to religious, racial, ethical and ethnic differences," it is ultimately the responsibility of the social studies department to guide students down this path. They must continue to expand the curriculum to include classes that examine the pressing issues of our world and not just the concerns of ancient kings and statesmen.

Students must call upon the social studies faculty to offer classes that truly engender student interest.

Doris says used, green Jettas are no cause for anger

By Becca Bonthius and Matt Seidner
EDITOR IN CHIEF AND OPINION EDITOR

Dear Doris,

Have you ever had the feeling that you just hate things? I don't mean things in terms of raindrops on roses and whiskers on kittens; I mean it in a very general sense. I thought giving you some information about myself might help. My favorite band is Linkin Park, my favorite color is black, and I hate my parents — they bought me a used, green Jetta. What is wrong with me?

Angry in upper class suburbia

Dear Angry,

I happen to have a wonderful used, green Jetta, and it runs nicely, thank you very much. But on to your question. I think the root of your problem lies in your musical tastes. If you're going to listen to music about being angry, you should at least know what you're angry about. Little Chester from Linkin Park seems to have some problems directing his anger. May I suggest Bette Midler's new CD of Rosemary Clooney covers instead?

Dear Doris,

I really want to start a nudist club at school. What do I have to do to be approved?

Hangin' Out in Shaker

Dear Hangin' Out,

I think that's a wonderful idea! Shaker students could do with fewer articles of clothing anyways. The first thing you have to do is find 20 enthusiastic members. Then you have to get approval from the full Student Council. The way kids are these days you shouldn't have any trouble with that. Then you need a respected member of the faculty to act as the club supervisor. Don't forget the club name! I'm quite partial to Shaker Nude Thang!

DORIS
ADVICE COLUMNIST

Dear Doris,

Choosing among seven democratic presidential candidates for the primary is too difficult! Who should I vote for on March 2?

Primarily Confused

Dear Confused,

Well, I like Al Sharpton. We seem to have a lot in common, especially our hairstyles! Then again, Dennis Kucinich is single, and a cutie. I like my men small and rat-like. But if we're going on looks alone, I'd vote for Wesley Clark. I've always loved a man in uniform. Dean does have the beefcake factor going for him though. Choices, choices, choices . . . I guess we'll have to narrow them down Average Joe-style through March.

Dear Doris,

I have been feeling very vulnerable lately. It's almost like someone might attack me for no reason at all. How can I imbue myself with a false sense of safety?

Unsafe in Anytown, OH

Dear Unsafe,

I feel safer knowing that I can carry a gun because of Ohio's new concealed gun law! Knowing that everyone else is packing, too, makes me feel even better. Say I'm getting mugged at Shaker Square, and I miss the mugger on my first shot and hit an innocent bystander, I know someone else will place a cap in his tuckus.

Doris was off for seven months recovering from hip replacement surgery.

Under the petals: the real meaning of carnation colors

Struggling to find a meaningful message to write on your carnation card? Put down the pen. The color of the flower says it all. Although all carnations symbolize fascination, the different hues represent various emotions. Red carnations are the most appropriate for Valentine's Day because the sender's heart "aches" for the recipient. Pink and white follow closely with the meanings "I will never forget you" and pure love, respectively. However, if your crush or significant other sends a yellow or striped carnation, your love life could take a turn for the worse. Yellow signifies rejection while a striped carnation is a simple way to say, "Sorry, I can't be with you."

www.iflorist.com

Americans and Israelis are detached from terror

ALLIE JENNINGS
DESIGN EDITOR

In 1996, the Wallflowers scored a hit with "One Headlight," a song in which Jakob Dylan sang, "Man, I ain't changed, but I know I ain't the same."

After an eight-day trip to Israel, I finally know what he meant. I'm still me – just different.

On the last day of 2003, I returned to Cleveland rich with experiences and new perspectives that I had gained on the trip. And, I came home in one piece to the relief (and possibly disbelief) of friends and family.

A program called Ambassadors For Unity (AFU) sent 16 Jewish teenagers from Cleveland, including myself and Shaker students Sam Schiller and Josh Kramer, to meet peers living in Cleveland's Israeli sister city, Beit She'an. The Israeli adolescents will later travel to Cleveland.

The exchange aims to build connections between the two cities by constructing lasting relationships among the students.

Before we left on the trip, we saw and spoke with one another via a videoconference.

One of the first questions the Israelis asked the Cleveland teens was, "Are you scared?" With one voice we answered "No." It was the truth. I know people who traveled to Israel last year. They told me how safe they felt, how I shouldn't worry. Even on the plane I wasn't scared, just excited.

I lived with an Israeli girl named Or, which means "light" in Hebrew. I was able to witness her family living their daily lives. I stayed out late walking around town, visited three different pizza shops, frequented the mall, shopped in a outdoor shopping center and rode a chartered bus to wherever we needed to be throughout the trip. I felt extremely safe the whole time I was there.

On the morning of Dec. 28, my host mom told me of a bombing that killed four Israeli soldiers at a bus stop in Tel Aviv. I was only an hour or two away from the site of the bombing, yet it still seemed like I was a half a world away. I felt horrible, but the day went on as usual for all of us.

Later I thought, "That's it? But it's so close to home!" But what was I expecting? Should Israelis constantly feel miserable and scared?

According to the Plain Dealer, more than 500 Americans have died in Iraq since the beginning of the war. While 342 of them "died as a result of hostile action," the other 31 percent died from accidents such as helicopter crashes and friendly fire.

Can you tell me the name of the last soldier killed? These days, Americans are suffering tragedies similar to Israel's losses. So why does it seem strange that my Israeli friends live normally in the face of fear? We live everyday under an ever-changing alert status. Should I change how I live my life because the color of the alert inches closer to the red zone?

Only after I felt safe in Israel, closer than I've ever been to terrorism, did I realized how I, too, live a "normal" life in the midst of tragedy. It's a part in our lives that's broken, but neither the Israelis nor we seem to know how to fix it. Just like the song, "We're still driving home with one headlight."

Young talent adds up to high school math

By Bridget O'Dwyer
STAFF REPORTER

In eighth grade, Carter Wang, now a freshman, walked into an intimidating advanced math class. The challenge wasn't cosines or square roots or difficult story problems. It was being the youngest student in a class full of high school students.

Wang advanced a year in math during seventh grade and has stayed ahead at the high school.

"My teachers suggested that I make the switch to the higher-level class, and my parents encouraged it, so I studied the beginning of the eighth-grade book during winter break [in seventh grade]," said Wang, who is now enrolled in Thomas Patrick's 10th-grade AP math class.

Wang is not the only student getting ahead in math. Other students gifted in math have arranged ways to get ahead. Often students work with a tutor over the summer or teach themselves the information.

Eighth-graders Nate Langhinrichs and Xuanji Wang worked independently to learn the math they needed so they could attend Barbara Arsham's first period Honors/Advanced Geometry class at the high school every morning.

"It's good. The math is harder and a lot more work," said Langhinrichs, who taught himself the eighth-grade textbook in one summer before he took freshman math.

Freshman Amanda Orr and junior Adam Margolius also took advanced math classes.

Beginning in second grade, Margolius and his mother, Barbara, noticed his superior abilities in math class. That year, he joined a fourth-grade math class and has been two years ahead since then. In fourth grade, Margolius took a sixth-grade level Math League test and scored second highest in the state. Margolius thought coming to the high school early for math was beneficial.

"It wasn't that hard but definitely worth it," Margolius said.

Orr took Arsham's geometry class last year. She is retaking the class this year so she can be with other freshmen.

"It was a lot of pressure to be better than the ninth-graders," Orr said.

Margolius, Xuanji Wang and Langhinrichs thought the workload was the most difficult, but Orr disagreed. "The pressure was the hardest part," she said.

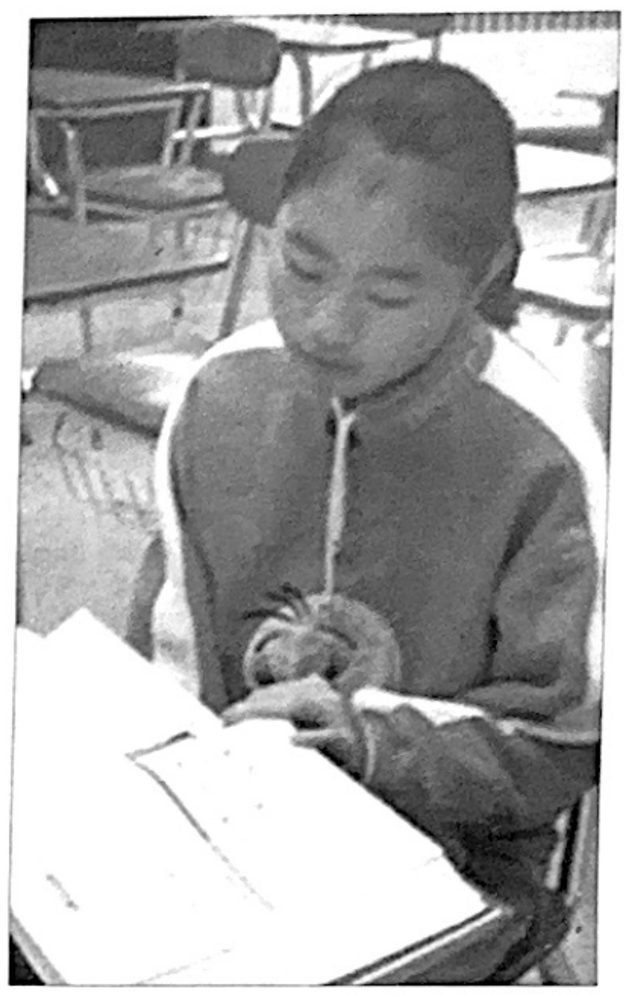
Orr and Carter felt being in class with high school students was daunting and made them feel out of place. Orr said the high school students were bullies.

Arsham noticed the younger students don't socialize much but are still active participants in class discussions. This year, she said the two students fit in well and no bullying has taken place.

"They are as good if not superior in performance to the ninth graders," said Arsham.

Students can also enroll in higher levels of science. Margolius took AP Physics, a senior class, during his sophomore year. "I took physics because it is kind of like a math-oriented class so I was qualified," Margolius said.

Most students only move ahead in math, though. Danny Young, head counselor at the middle school, said that advanced math students come from all different backgrounds, and no race, gender or class pattern has emerged. He added that no one has ever tried to test out of English or history.



Dan Snider • THE SHAKERITE
EIGHTH GRADER XUANJI Wang reads her math book for Barbara Arsham's first period Honors/Advanced Geometry class. Wang is one of two eighth graders who come to the high school every day for math.

Miniature foods take a nibble out of the snack food aisle

By Becca Bonthius
EDITOR IN CHIEF

It's finally lunchtime. You open your lunch bag — carrot sticks, a handful of Oreos, a can of Pepsi and the obligatory peanut butter and jelly sandwich.

Looking across the table you notice that your friend has the same lunch, but strangely smaller — baby carrot sticks, mini Oreos and a tiny can of Pepsi, and, of course, the PB and J.

Food companies have taken note of the 'smaller is better' trend set by Dr. Evil's Mini Me and are producing smaller versions of popular foods. "It's a perfect snack for when the kids pack their lunches for school," said Les Gyerman, a corporate buyer at Heinen's. And so downsized products such as Nutri Grain Minis, Hershey's Bites and Baby Goldfish have found their way into lunch bags everywhere.

Junior Alli Hall doesn't see this as a lack of creativity on the part of food manufacturers. "I think it's smart," Hall said. "Parents prefer smaller things 'cause their kids will finish it."

Sophomore Nate Evins, who bags groceries at the Shaker Heinen's, has noticed the trend. "I'd say [these products] are very popular. A lot of people buy them." In addition to their popularity for lunches, Evins said the smaller portions are practical for small children. "A lot of people have kids, and they're easier for serving the little people," he said.

Jon Stange • THE SHAKERITE

Although the size of the foods may be smaller, Americans' appetites haven't succumbed to the trend. "It's easier to eat that whole bag of smaller ones than the large ones," Gyerman said.

Hall has had the same problem. "You just keep eating them 'cause they're really tiny and cute," she said.

Still, Gyerman said that sales of smaller cookies and crackers have been "pretty slow" because they are newer products, but that smaller cans of pop have been more popular. Still, he added that sales of small cans "will die down unless [manufacturers] only offer the six-pack of 8-ounce cans," and discontinue the six-packs of 12-ounce cans.

> "It's a perfect snack for when the kids pack their lunches for school."
>
> Les Gyerman
> Corporate Buyer for Heinen's Foods

Hall said that she prefers the smaller cans. "I never finish a whole [12 ounce] can, and I don't like it at the end because it's not fizzy anymore," she said.

Gyerman explains that pop manufacturers are "really attacking different customers. They're really trying to target the smaller kids and the older customers who can't drink a whole can of pop." He also notes that the smaller cans mean more profit for the manufacturers. "It's an upcharge for the customer," he said. Customers pay 31 percent more for the cute and convenient cans.

Heard in the Halls

Overheard and out of context

"For Christmas, he wears pants."
1/13

"I'd rather be in Iraq."
1/5

"Marie Antoinette said, 'Let them eat ice cream.'"
1/15

"Everybody knows all my secrets."
1/12

"Did Napoleon rule France? . . . Seriously, did he?"
1/15

"They all think we're really smart, but we were just cheating."
1/16

Buy carnations for your friends this Valentine's Day!

Carnations cost just $1 and can be sent to any student or teacher

BUY EARLY!

Check in the CAFETERIA, HARRY and SENIOR LOUNGE

The fastest game on one wheel

Hockey players who trade in skates for unicycles face challenges from falling off to being run over. The equipment and rules are similar to those in ice hockey, although it is played on grass or pavement. The five players per team may touch the tennis or street-hockey balls with their hands, but they must score goals with sticks. Players must be on unicycles to play. According to the International Unicycle Hockey Homepage, the sport was first seen in the 1925 German film "Variete." Great Britain and Germany now have national leagues, and seven countries, including the United States, participate in the biannual Unicycle Hockey World Championships.

www.unicycling.org/hockey

the Sports Desk

St. Ed's falls to Shaker in overtime

The Raider hockey team upset St. Edward 1-0 in overtime Jan. 30. The Eagles, ranked first in The Plain Dealer poll, fell after junior Rachid Harrison scored a sudden death goal with six minutes left assisted by Jeffrey Musser.

After tying St.Ed's earlier in the season the Raiders were optimistic. "We felt good momentum after beating US," said junior forward Chris Tonelli. The Raiders beat University School 4-3 Jan. 24.

Shaker had defensive help from junior goaltender Alex Antolino, who made 23 saves and caused the shutout.

"We were due for a win after all of the overtime games we lost," Harrison said. Shaker has a record of 3-3-1 in overtime games.

The Raiders will play in the Baron Cup Tournament Feb. 5 at 5:30 p.m. at Brooklyn Recreation Center.

-David O'Connell

Spirit bus to ride again

A second spirit bus will transport fans to the men's basketball game against Mentor Feb. 13. The first spirit bus took 11 students to a hockey game with St. Ignatius at Brooklyn Ice Rink Dec. 9. Senior Kristen Owen initiated spirit buses ito attract more fans at sporting events. "I knew it would be easier to do so if we could get a bus," Owen said, adding that the buses would help students who can't drive. Owen hopes the spirit buses will become a tradition. "My goal is just to get it started this year and hopefully the other classes will see how it works and continue it when I'm gone," she said.

-December Kinney

Double-double girl

•Gray doubles up on teams, plays JV and practices varsity

By Meagan Steiner
SPORTS EDITOR

Freshman Lauren Gray is redefining the double-double.

Leading one team while learning from another, the JV small forward is a "double-double girl" in almost every JV game, according to varsity head coach Denise Duncan. Gray has averaged 14.2 points and 7.8 rebounds in 13 JV contests, and she is the first JV player to practice with the varsity team in Duncan's two-year tenure.

"She needs to continue to be pushed, and her skill set is greater than the players who play her position at her JV level," Duncan said. "It's like when you take honors courses — so you can be pushed."

Gray said she is honored to practice with the varsity squad.

"I knew that I had to step up to the next level 'cause I was a freshman and do the best I could," Gray said. "They thought I was an asset to the team and I could help them out in many ways so eventually, when I could play varsity [officially], I could step up," she said, adding that freshman varsity player Shanna Thompson helped her fit in.

Who to watch

JV women's basketball coach Teresita Parks said the other JV players are encouraged by Gray's success.

Gray has attended varsity practices all season and a few JV practices and has dressed for every varsity game. Though she is expected to make major points and rebounds during JV games, the three varsity games she played in were a learning experience, according to Parks.

"Her greatest strength is that she desires to be a top-notch basketball player, so when your desire's there, you'll work at it," Parks said.

Though playing with one team and training with another more competitive one may be difficult, Duncan said the varsity players welcome Gray at practices and call her their little sister.

Varsity point guard Ashley Simpson said Gray initially seemed wary of playing with the varsity team.

"I started talking with her for a while, and then she became used to being with us so she was more comfortable with us on the court," said the senior. "She's very open to criticism. She doesn't take it as anyone being mad at her and she's very focused and she loves the game."

Gray said her goals for this season are to improve in dribbling and defense, and she already aims to play basketball in college.

"My goals would be to work on my faults and get better each year so hopefully next year we'll have a better record so I can turn things around at Shaker," Gray said.

Dan Snider •THE SHAKERITE

FRESHMAN LAUREN GRAY attempts a layup during varsity practice Jan. 23. Gray, a small forward, averaged 14.2 points and 7.8 rebounds in 13 JV games. She practices with the varsity team and has played in three varsity games.

Declaring independence from Phys. Ed.

•Students earn physical education credits for school-sponsored or outside athletics

Allison Vitkus •THE SHAKERITE

FROM STUDY PAGE 1

The first way, known as "athletic team," has been in place for 15 years and allows athletes on school-sponsored teams to replace one semester of physical education with one season of their sport, as long as they are not on a freshman team.

The other method, "non-athletic team," was instituted 35 years ago to allow students who participate in sports outside of school to get credit.

But before you get excited about earning credit for your crazy Madden 2004 PlayStation 2 skills, remember that you must meet three criteria: completion of two in-house semesters of physical education, a full academic schedule and participation in an activity "up and above what is offered at the school," according to Stuart Gilbert, athletic independent study coordinator.

Students who want to earn independent study credit must complete a log describing one season or 80 hours of their activity and write a paper describing the merits of their project.

Some athletes who try to use school sports to fulfill their physical education requirements run into trouble. Athletes involved in winter track, for example, are not eligible for physical education credit because students can only earn credit for sports sanctioned by the state of Ohio and played during their regular season.

Junior Michael Kowen, who plans to graduate in June, did not have enough time to take physical education, so he cycled over the summer for credit.

"I did bicycling for the sake of biking and decided to get gym credit on the side," said Kowen.

By "riding around," Kowen eliminated two semesters of physical education, which he felt was positive because it allowed him to take other classes.

> "It's there for the exceptions; it's not the rule."
>
> Stuart Gilbert
> Athletic independent study coordinator

Gilbert said he rejects many independent study proposals because the students could take physical education or because the proposals did not exceed the demands of an in-house semester.

"It's there for the exceptions; it's not the rule," he said.

Who wears short shorts?

•Ratings for female athletes shouldn't rely on sex

The thrill of victory, the agony of defeat and the whistles from the male members of the crowd. Ah, yes, long live sports.

After a lackluster Women's World Cup this past September, Sepp Blatter, the president of the world soccer federation, FIFA, has suggested that women soccer players consider wearing sexier clothing in order to attract more attention to the game. He says the federation is in need of money and that sponsorship from cosmetic and fashion companies would help the sport.

WILL WEMER
EDITOR IN CHIEF

Players haven't welcomed this idea with open arms. In fact, the goalkeeper for English team called the remarks "typical of a bloke."

Blatter may have a point. It has been a rough year for women's sports. The WUSA, America's women's soccer league, folded days before the start of the World Cup, and the Cleveland Rockers dismantled due to financial difficulties.

But contrary to the belief of many men and Anna Kournikova, some dilemmas can't be solved through sex.

What Blatter has failed to realize is that the female athletes who have been successful as of late have not gained fame because of their good looks or sexy clothing, but rather because of their abilities.

When it first began, the All-American Girls Playing Baseball league was a source of entertainment for returned soldiers, short skirts and all. But once the league established itself, and the players were recognized for their abilities, the AAGPB became a highly competitive organization, and the women who played in the league are now remembered for being pioneers, not sex objects.

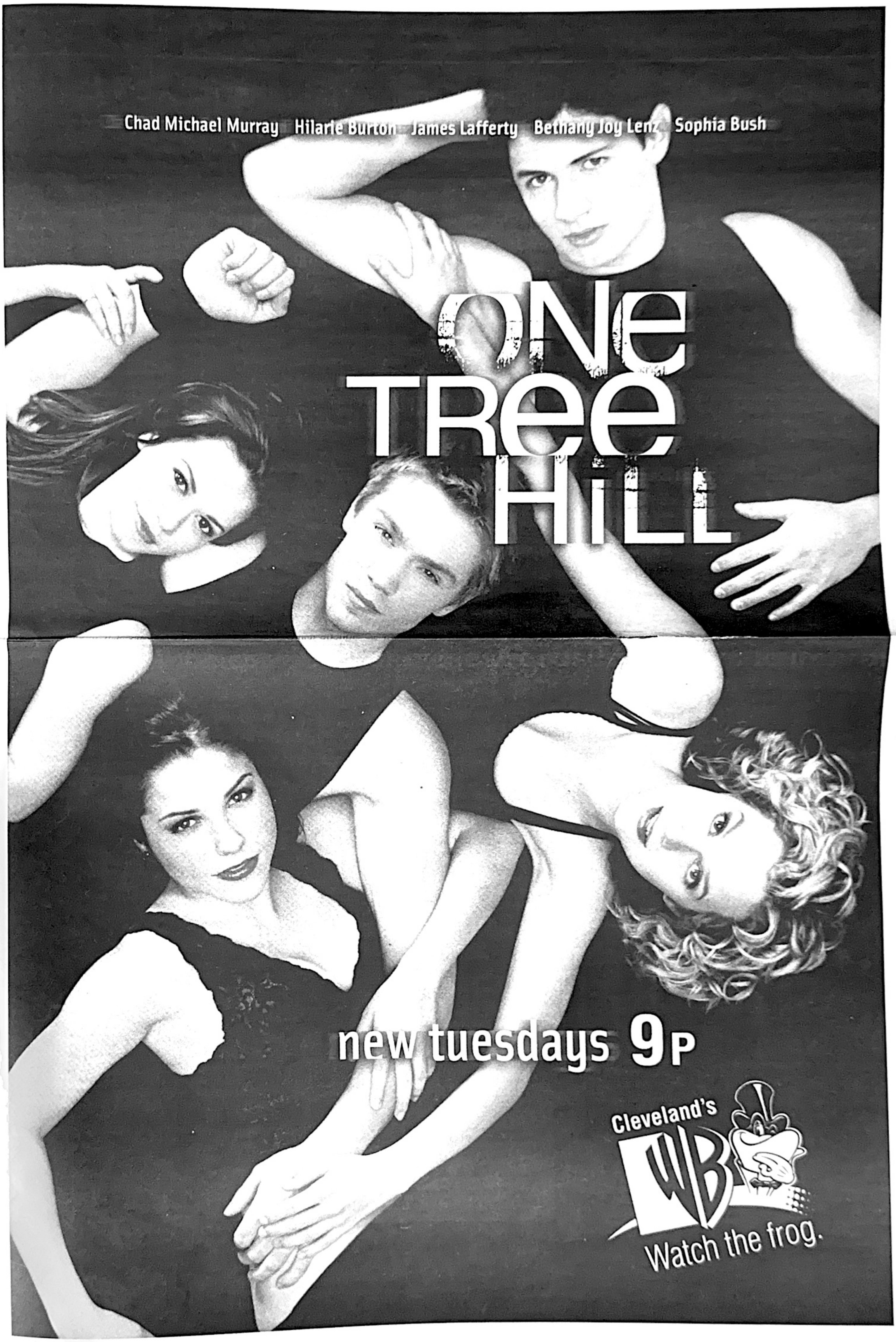
And true, the Williams' sisters do have some sex appeal, especially with those lyrca dresses, but the reason they've been revered worldwide is not because they can turn on a crowd of men, but rather because they could likely kick any guy's tush in tennis.

Women athletes are not playing with the hope that men will find them attractive; they play because they want to be recognized as athletes.

In 1999, we watched Brandi Chastain rip off her jersey after completing a penalty shot and securing the United States the women's World Cup. The 90,000-plus fans at the Rose Bowl in Pasadena, California roared. The team members became instant celebrities, gracing the cover of Time and Sports Illustrated.

Upon hearing Blatter's comments, Chastain said: "The game of [soccer] itself is what brings people to the stadium, not what the players are wearing." When a woman who helped to captivate a country four years earlier has to defend why she wouldn't reduce herself for the sake of publicity, the nature of the sport has been tarnished.

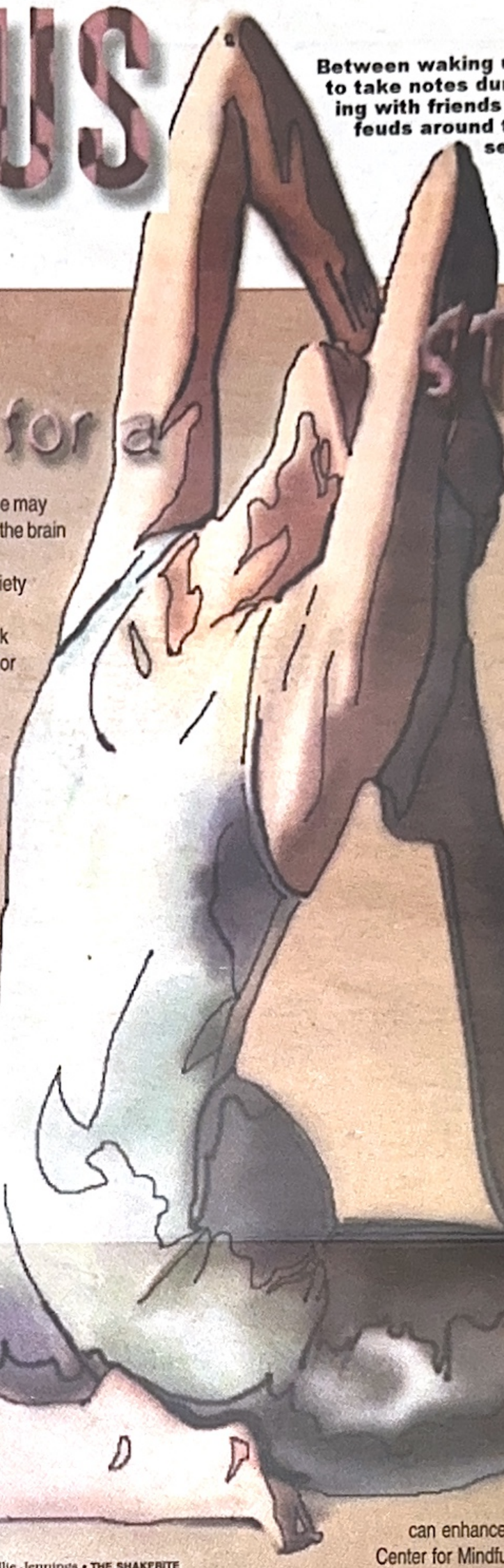
Shaker Heights Teacher's Association
SHTA
Professionals Dedicated to Educating Shaker's Youth

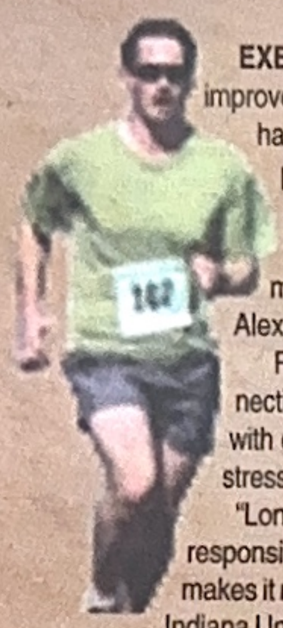

Chad Michael Murray
Hilarie Burton
James Lafferty
Bethany Joy Lenz
Sophia Bush
ONE TREE HILL
new tuesdays 9P
Cleveland's
Watch the frog.

STRETCHING for a STRESS-FREE Life

Between waking up at 7 a.m., struggling to take notes during science class, fighting with friends during lunch and family feuds around the dinner table, life seems to get pretty stressful.

Every now and then, we all need a way to just let go...





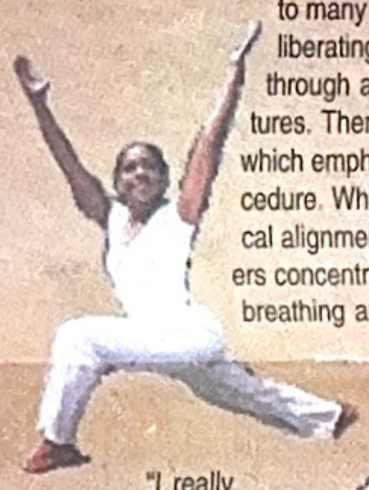
EXERCISE: Recent research suggests that exercise may improve mental health because it positively affects how the brain handles stress. Studies show that people who are physically active tend to have lower rates of anxiety and depression than those who are not.

"After working out I always feel like I can think more clearly and that I am in a better mood," senior Alexandra Russo said.

Researchers continue to look for possible connections between the chemicals that are associated with exercise and those that are associated with stress and anxiety.

"Long-term exercise training potentially adjusts the responsiveness of the [stress reduction] system and makes it more efficient," said Dr. Mark Sothmann of the Indiana University School of Medicine.

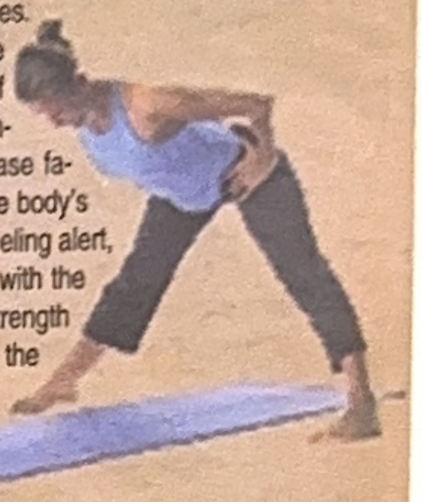
YOGA: This manifestation of Hindu philosophy is known to many as a practical physical method of liberating the self. It is performed by moving through a series of prescribed body postures. There are many types of yoga, each of which emphasizes different aspects of the procedure. While some focus mainly on the physical alignment and positioning of the body, others concentrate on the coordination of breathing and movement.



"I really like [yoga] because of the contrast of pushing yourself and then having a cool-down period," senior Alexander Goggins said. "It's not just the physical demands of it."

TAI CHI: Slow movements and gentle stretching align the body's posture and create a state of great relaxation, giving the participant improved circulation and looseness of muscles.

This is said to help the participant's Chi, the flow of the body's inner healing energy. Tai Chi can decrease fatigue and promotes the body's stamina. "You are left feeling alert, revitalized, yet relaxed with the focus, harmony and strength for your daily life," says the Myo-fu-an Tai Chi website.



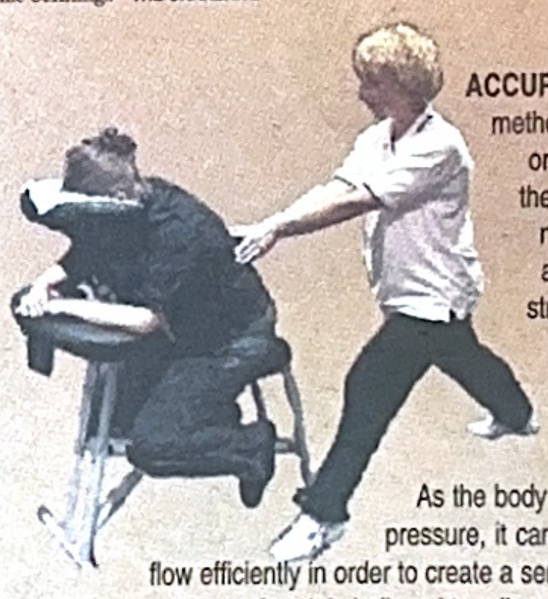
MEDITATION: This ancient practice is defined as a state of continuously revolving a subject in the mind. Geared to shift people into a deeper state of consciousness, meditation can relieve pain, stress and anxiety.

"I took Karate, and my instructor taught me how to meditate," sophomore Anthony Franklin said. "If you're mad or upset it helps you reach a calm state."

Meditation has gained increasing medical approval in recent years. "There is significant data that meditation can enhance healing," said Saki Santorelli, executive director of the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts.

Allie Jennings • THE SHAKERITE

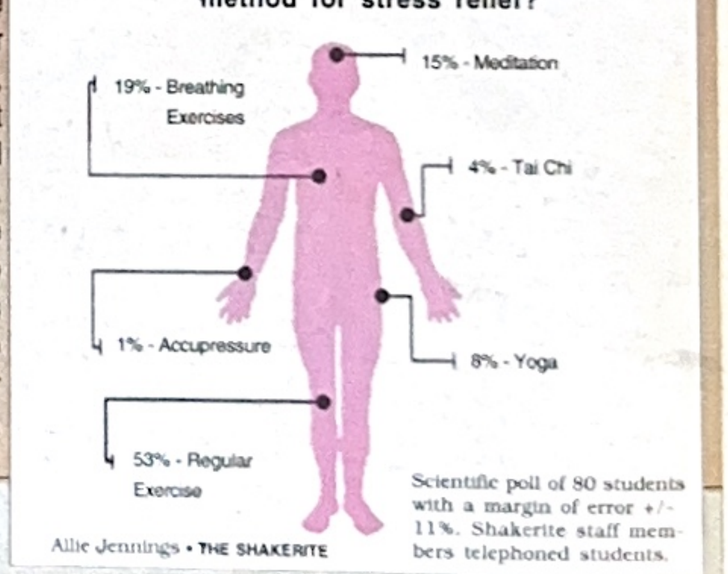
OHIO SHAMBHALA MEDITATION GROUP: The group meets on Tuesday nights at the Bratenahl Center in Cleveland; new members are welcome to join the meditation group, which was created by a Tibetan Buddhist. Their meditation ritual, called shamatha-vipashyana, uses breathing to create awareness of the body and mind. It is a nonreligious program that promotes using meditation in daily life in order to facilitate better connections within the world through improved confidence and fearlessness. According to the Shambhala website, "by discovering our own awakened nature through the practice of meditation, we can uplift our state of mind and then extend our gentleness and wisdom to the world around us."



ACCUPRESSURE: This needle-less version of acupuncture (the Chinese method of releasing energy blocks that are believed to cause physical pain or distress) can relieve stress by applying pressure on specific points on the body. "A combination of social life and school cause stress," said senior Annie Gugliotta, who has not tried accupressure.

As the body relaxes from the pressure, it can allow energy to flow efficiently in order to create a sense of happiness and comfort. It is believed to relieve stress related to tiredness, headaches, muscle pain, anxiety and other health problems.

Which of the following have you used as a method for stress relief?



Scientific poll of 80 students with a margin of error +/- 11%. Shakerite staff members telephoned students.

Allie Jennings • THE SHAKERITE

Calming Creations

The Spa Wellness Gift Pack contains a spa recipe book, a CD of relaxing piano music, a guided meditation recording for "Relaxation and Wellness." According to the Health Journeys' catalog, "All of this combines to make an inspiring, supportive, thoughtful and unique gift for someone you care about."

This candle from Crabtree and Evelyn creates a calming environment by releasing its naturally soothing essential oils of tangerine, lavender and clary sage.

The stress relief aromatherapy product line from Bath and Body Works includes a foam bath to ease away stress, a pillow mist to induce a relaxed sleep and a cleansing and stress relieving body wash.

Kava Stress Relief tea helps you relax as it alleviates stress, nervousness and discomfort. Kava, originally from Oceania and the South Pacific Islands, is used for medicinal purposes as well as in beverages.

The Gaiam Yoga Essentials Kit, available at Galyan's, offers all of the basic equipment needed to practice yoga. The kit includes a non-slip yoga mat, a yoga strap used for stretching, two foam yoga bricks and Suzanne Deason's "Active Workout" video.

Online Sources:
Myo-fu-an Tai Chi, Life Positive, Ohio Shambhala Meditation Group, Meditation Center, Yoga Site, and Help Center.

RENEE FRANTZ AND AVIVA ARIEL
FOCUS EDITORS